**Module 11: Emotions, Stress, and Health**

The resources listed here are based on using the textbook by David G. Myers *Exploring Psychology, 8th ed*. For an overview of all modules and assignments see the files in the Lessons folder titled "Course Guide for General Psychology Resources and Assignments" and "Course Guide to the Fourteen Modules of OCL General Psycholgy"

**Textbook readings:**

Myers Chapter 11 Emotions, Stress, and Health

Griggs: pp. 52-57 only

Stangor: Chapter 11 Emotions, Stress, Sex, and Health

**View Lecture Videos:**

Discovering Psych: #23 Health, Mind, and Behavior

Yale lectures:

#11 Evolution, Emotion, and Reason: Emotions Part 1

#12 Evolution, Emotion, and Reason: Emotions Part 2

**Psych Portal videos**

1. Emotion = arousal plus interpretation (4 min)

2. Emotions and facial expression (3 ½ min)

3. Rage: one man’s story and treatment (10 min)

4. Rage: one woman’s story and treatment (8 min)

5. The development of disgust (5 min)

6. Do body smells reveal fear and happiness? (3 min)

7. The search for happiness (6 min)

8. Selye’s stress response studies (3 min)

9. Measuring stress while running with the bulls (4 min)

10. Stress and the immune system: caretakers at risk (3 min)

11. Fighting cancer: mobilizing the immune system (6 ½ min)

**Video clips at** [www.learner.org](http://www.learner.org/)

The Mind segments: #9 The placebo effect (9 min) and #21 Treating chronic pain (14 min)

The Brain segment #22 Control & predictability (2 min)

**PBS Life Part 2: "**The Science of Happiness: (episode #10; 15 min) at:<http://www.pbs.org/lifepart2/watch/season-2/-science-happiness>

**PBS Frontline:** "The Alternative Fix" (60 min) at:<http://www.pbs.org/wgbh/pages/frontline/shows/altmed/>

Describes controversies and research on complementary and alternative medicine.

**Web site**: National Center for Complementary and Alternative Medicine at:<http://nccam.nih.gov/>

Provides the current state of research-based knowledge on complimentary and alternative medicine treatments.